

# Blackjack Provider

1st COSCOM: The Army's Only Contingency Support Command

Summer 2004

Volume 2



# Blackjack Provider

1st COSCOM: The Army's Only Contingency Support Command

## ON THE COVER...



Various training involving soldiers within the 1st COSCOM living and breathing Warrior Ethos. Photos by 1st COSCOM PAO Staff.

## TOPICS

**Command Team- 3**  
The command team discusses the command's focus

**Warrant Officer's Corner- 13**  
1st COSCOM Chaplain discusses Memorial Day.

## FEATURES

**Mangudai II- 4**  
507th CSG staff Soldiers forge in Warrior Ethos training.

**Memorial Ceremony- 5**  
Soldiers honor fallen comrades and honor awardees.

**Basic combat skills- 6**  
TSB Soldiers test thier proficiency in basic combat skills

**Stress Fire Training- 7**  
Task Force Sinai Soldiers conduct stress fire training.

**Medical Evacuation- 8**  
Soldiers from the 46th CSG train as they fight in saving lives.



**Warrior PT- 10**  
1st COSCOM Soldiers train in hand-to-hand combat during warrior PT.

**Port Operations- 11**  
National Guard Soldiers help deployed equipment get home.

**Deployment Facts- 12**  
Questions and answers to frequently asked questions about deployments.

**Rifle team places- 14**  
1st COSCOM Rifle Teams places first in active duty category.

**Chaplain's Corner- 17**  
1st COSCOM Chaplain provides ministry through his column.

## LIFESYLES

**Chess Champion- 15**  
Soldier from 46th CSG places second in All Army Chess Championship

**Relay For Life- 16**  
CDC Soldiers walk and run to help fight cancer.



And much, much more!

### Blackjack Provider

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## Letter from the Command

I am constantly amazed at the commitment and the “can do” attitude of the “first team” Soldiers. These attributes were greatly displayed during the XVIII Airborne Corps Warfighter Exercise, where we demonstrated our ability to sustain combat power in our Corps. Congratulations on a job well done!

As all of you are aware, these exercises serve as a conduit to prepare us for future deployments. Already, many of our fellow Soldiers have deployed and many more will be joining them in the fight against terrorism. That said, now is the time to spend time with your families, take some well deserved leave and take care of those things in

your personal life that you may have set aside. It is vital that you ensure that your family and personal needs are in order and that we are prepared to perform the tasks set before us.

We are entering the summer months. There will be a heavy rotation of Soldiers entering and leaving the command. It is critical that we set ourselves up for success by ensuring that there is proper continuity between those of us leaving and arriving during this critical time. It is also important that we remain aware of the increase in hot weather. Remain safety conscious whether training or traveling with your families. We all know injuries and fatalities tend to rise during these

warmer months, so be aware and take the appropriate precautions. You and your families are our greatest resource.

During this transition, remember to continue to focus your training on Warrior Ethos and warrior skills. You will need them in the near future. Continue to concentrate on the training that we have incorporated into our daily activities, and the warrior spirit that is critical to how we live and work. Warrior Ethos must be first and foremost in all that we do. Remember who you are as you strive to support the mission, your unit, your fellow soldiers and our great nation.

Much has been asked of you and more is required. I know that I can count on you to get any job done in support of



**Col. Yves J. Fontaine**  
**Commander,**  
**1st COSCOM**

the XVIII Airborne Corps and win on the battlefield.

Welcome to all soldiers and families joining us this summer. You are joining a winning team. To those soldiers and families departing the 1<sup>st</sup> COSCOM, thank you for your professionalism, dedication and hard work. It was an honor to serve with you. Good luck and God bless you in your future endeavors.

ATW,  
FIRST TEAM



**Command Sgt. Maj.**  
**Joseph Allen,**  
**Command Sgt. Maj.,**  
**1st COSCOM**

The 1<sup>st</sup> Corps Support Command has made great strides this past

quarter. This is due to the commitment of our Soldiers. Because of your professionalism, and devotion to duty, our tasks appear almost effortless to the units we support. Continue to do the great thing that you do on a daily basis.

With that stated, it is vital that we also continue to keep Warrior Ethos at the forefront. Many of us have already deployed in support of Operation Iraqi

Freedom, and many more will deploy in the near future in order to join our team. It is critical that we concentrate on those warrior skills.

A lot has to be accomplished in very little time. The members of the team that remain in support of rear operations need to be just as strong as members of the team we deploy. Recognize that the rear operations will be the backbone and

will determine how well we do overall.

And finally, the summer is here; use this opportunity to take some leave and spend time with your family and take care of the things you may have placed on your back burner. Be cautious to heat injuries and fatigue. I am confident that you will do the right things to ensure that you are always combat ready.

FIRST TEAM!

# Staff forges Warrior Ethos during Mangudai II

*by Lt. Col. Edward F. Dorman III, 507th Corps Support Group*



As the blacked-out CH-47 Chinook flew through the dark moonlit night just above tree top level, each member of a small platoon sat alone with their thoughts and wondered just exactly what was in store for them.

It was 9 p.m. and the platoon members had been on the go since 5 a.m. when they received the alert. Constantly in action, performing pre-combat checks, vehicles and equipment preparation for strategic air movement, and preparation for the air assault movement to their jump Tactical Operation Center site, they had eaten little, and they knew that they had a long night ahead of them. Appearing stressed and fatigued, their behavior demonstrated a spirit that was unconquerable.

The high intensity training of Mangudai II would permanently leave a mark on all those who participated. Many of the members thought back to Mangudai I, held in December

2003, when they were alerted with no notice, formed into a platoon and received consecutive missions to deploy, conduct a link-up, establish the Assault Command Post, conduct a mission analysis and brief-back, dislodge, re-establish the ACP, conduct a defensive live fire, and call in a medical evacuation within 36 hours.

These operations should be normal for combat arms platoons. However, a closer look at the members of this platoon reveals one made up of combat support and combat service support soldiers from the 507<sup>th</sup> Corps Support Group, 1<sup>st</sup> Corps Support Command staff members. They range in age from 18 to 45-years-old and in rank private to lieutenant colonel.

What is Mangudai, and why are 1<sup>st</sup> COSCOM staff personnel participating in such rigorous training?

Mangudai was a 13th-century Mongol warlord in Genghis Khan's elite forces. He created an arduous selection process to test potential leaders. The Mangudai commander challenged his troops out in the wilderness over several days. He deprived them of food and sleep, and presented them with physical and mental challenges to wear down their bodies and their minds.

Brig. Gen. (Ret) David L. Grange, former Ranger Regimental Commander and 1<sup>st</sup>

Infantry Division commander, expanded and refined the Mangudai concept and subsequently used it as a training method to evaluate and develop his subordinates.

In accordance with General Peter J. Schoomaker's, Army Chief of Staff, focus on instilling Warrior Ethos into all soldiers, the 507<sup>th</sup> CSG adopted the Mangudai concept.

Lt. Col. Edward F. Dorman III, 507<sup>th</sup> CSG, 1<sup>st</sup> COSCOM Deputy Commanding Officer, adopted the concept of Mangudai, and developed a similar exercise to help instill Warrior Ethos into the Group's staff. The staff consists of logisticians, communicators, and intelligence and personnel services Soldiers.

The exercise placed participants in situations where they experienced some of the hardships they would likely endure during future deployments. It simultaneously hones in on developing leadership, tactical, and technical skills. One other important goal that it accomplished, is building teamwork.

"It is critical for today's staff members to be proficient and experienced in executing these types of tactical missions such as conducting a link-up or running a convoy. These skills will not only improve the individual staff members' battlefield survivability, but gives the staff

a greater appreciation for the impact of their decisions and mission directives made on Soldiers and units,” said Dorman.

Preparation for Mangudai III is underway. The Soldiers can look forward to the training that

seems bittersweet; training that is good for Soldiers, but comes with many discomforts. “It’s like taking Malaria pills: you know it’s going to help you fight off something bad, but it can cause nightmares and lack of sleep while you’re taking it,” said Maj.

Diana E. Lizotte, the group’s adjutant.

At the end of the three-day Mangudai II exercise, the members of the 507<sup>th</sup> CSG had a deeper understanding of the Mangudai concept and its role in Warrior Ethos.

## Soldiers honored at memorial ceremony

**by Capt. Sonise Lumbaca,  
1st COSCOM PAO**

The 1<sup>st</sup> Corps Support Command paid tribute to fallen 1<sup>st</sup> COSCOM Soldiers, while honoring 14 Soldiers with awards during a Memorial Day ceremony May 27, 8 a.m. at the 1<sup>st</sup> COSCOM Memorial site.

Spc. Steven A. McKinley, 507<sup>th</sup> Corps Support Group, Lt. Col. Anita M. Raines, Maj. Charles Cobbs III, Maj. Theodore Lennon, 1<sup>st</sup> Lt. Duane G. Foote, Command Sgt. Maj. Allen G. Fritzsching, Master Sgt. Abdul-Jaleel A. Mustaffaa, Sgts. 1<sup>st</sup> Class Lori E. Brandon and Kenneth McKoy, Sgt. Kenneth W. Knudson, 189<sup>th</sup> Corps Support Battalion, and Capt. Sarah Kurpe and Spcs.

James R. Seal and Michelle A. Ferguson, 330<sup>th</sup> Transportation Battalion, received medals during the memorial ceremony for meritorious service during Operation Iraqi Freedom.

“I feel especially proud here today to be honored during this memorial ceremony”, said McKinley, the only Soldier among the awardees who received a purple heart. McKinley was wounded in



**Command Sgt. Maj. Joseph Allen (left) and Col. Yves J. Fontaine, 1st Corps Support Command, render salutes after placing a wreath in front of the Desert Shield/ Desert Storm monument May 27 at the 1st COSCOM Memorial site during an 8 a.m. ceremony.**

March. While deployed to Iraq, he was wounded in both legs by shrapnel during a rocket attack.

Many of the awardees said that they were humbled and honored to receive their award during a

ceremony to honor those who have made the ultimate sacrifice.

“This is a time to reflect on both the Soldiers in the past and on the many Soldiers and civil servants that have given their lives in Iraq”, said Raines.

The guest speaker, Lt. Col. Gordon R. Roberts, Troop Support Battalion, 1<sup>st</sup> COSCOM and Medal of Honor recipient, delivered a speech celebrating the contributions of the 14 Soldiers, but not without honoring fallen comrades.

“Since the first battle on Bunker Hill to the current actions in Iraq, over one million Soldiers have given their lives for the freedoms that we have today”, said Roberts.

“Being awarded is specifically significant today. We join generations of the past and are even more grateful for their sacrifices.”

The other 13 Soldiers were awarded the Bronze Star for various services rendered during the deployment.



# Soldiers test proficiency in basic combat skills

**Story and Photo by Spc. Timothy Hettich, 1st COSCOM PAO**

The Global War on Terror has reemphasized the importance that today's Soldier must be proficient in the basic Soldier skills as both an individual and working as a team. Knowing them – and more importantly implementing them – could save their life in a combat zone.

Soldiers from Headquarters and Headquarters Company, 1st Corps Support Command, recently tested those skills in a squad defensive live-fire exercise March 22 through 24.

Fifty soldiers participated in the squad defensive live-fire as a mandatory training exercise in an ongoing effort to gear them up for future deployments.

"It was very important training for these troops to go through because they may encounter similar situations if deployed," said 1<sup>st</sup> Sgt. Marcellus Dobson, HHC, 1st COSCOM.

Troops started the day with an operational order, where they received information about what they might encounter, said Dobson. Then they began to move in squads through the objective using infantry tactics, like wedge formations and hand and arm signals. Soldiers encountered different scenarios, like crossing a danger area, and reconnaissance of the firing line.

Once they moved to the firing line Soldiers dug two-man fighting positions while pulling 50 percent security.

"These scenarios taught me new skills for different situations my squad might face someday," said Spc. Freddy Rincon a light wheeled vehicle mechanic from HHC, 1st COSCOM. "I learned how to move efficiently with other soldiers." And now I know how to react with others if something were to happen, Rincon said.

As a logistical unit, 1st COSCOM Soldiers usually move throughout combat situations mounted on vehicles, said Dobson. But this type of training is good for Soldiers to learn incase they were ever split-up from their convoy or dismounted.

"More Soldiers from our unit need to be trained like this," said Cpl. Jason W. Goodwin a generator mechanic and team leader during the exercise. "This type



**A Headquarters and Headquarters Company, 1st Corps Support Command Soldier aims his M-249 during a live-fire exercise in March. Soldiers participated in a three day squad defensive exercise to test their combat skills.**

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**"And now I know how to react with others if something were to happen"**

**--Spc. Freddy Rincon, HHC, 1st COSCOM**

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of training helps to better prepare us for combat situations."

"It's training that every military occupational specialty, no matter what type of unit, should go through at some point, said Spc. James Lucy a light wheeled vehicle mechanic and point man for the Bravo team on the mission. "You never know when you may get called to battle, and I feel more confident going having learned these skills."

# Task Force Sinai Soldiers Conduct Stress Fire Training

by Task Force Sinai PAO

SINAI, Egypt – “Pick up your weapon and assume the kneeling unsupported firing position.”

“Lock and load one 10-round magazine.”

“Move you selector switch from safe to semi.”

“You have 20 seconds, fire!”

The Soldiers of Task Force Sinai serving in support of the Multinational Force and Observers had just finished performing 60 seconds of the squat thrust. Now, tired and sore, they were expected to accurately fire 10 rounds downrange. Obviously, this was no regular M16A2 qualification range – this was “stress firing.”

“The intent of the training is to get the heart rate elevated. We put the Soldier under a stressful situation and see how he does,” Sgt. 1<sup>st</sup> Class Anthony Marshall, range NCOIC and Flight Platoon sergeant, Aviation Company, 1<sup>st</sup> U.S. Army Support Battalion.

The training included five separate serials, each beginning with 60 seconds of calisthenics such as the side-straddle hop, squat thrust, two-minute run, flutter kick or push up. Following the calisthenics, Soldiers fired 10 rounds with their M16A2 within 20 seconds at a 25-meter target.

“By the time they get to the push-ups, they are done,” said

Sgt. Prettis Young, range safety NCO and Petroleum, Oil, and Lubricant NCO for the Aviation Company’s Headquarters Platoon.

But stress firing wasn’t just about calisthenics; this exercise was all about sighting in on the target and killing it.

“This (stress firing) was more about the soldier learning how to control his body when his heart

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**“The intent of the training is to get the heart rate elevated. We put the soldier under a stressful situation and see how he does,”**

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**--Sgt. 1<sup>st</sup> Class Anthony Marshall, Aviation Company, 1<sup>st</sup> U.S. Army Support Battalion.**

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is pumping and still hit the target,” said Marshall.

For many of the Soldiers, this was the first time they had ever conducted this type of training, so they were unfamiliar with a few of the firing positions. The prone supported and unsupported firing positions were old hat, but few had been trained to fire from the standing or kneeling unsupported positions, said Spc. Robert Pacheco, an exercise trainer and crew chief in the Flight Platoon.

“Many of the Soldiers missed the target when firing standing up,” Pacheco said.

Stress fire training comes from Ranger Training Circular 350-1-2, and beyond challenging the Soldier physically, the underlying purpose of the training was to evaluate how well the soldier can engaged a target under duress.

“This training is as close as we are going to get to combat while here in the Sinai,” said Master Sgt. James McDowell, operations NCOIC, Headquarters, Task Force Sinai.

“The training gave me a sense of what it feels like under pressure. It’s nerve-racking,” added Spc. Alicia Maskarine, administrative clerk, Headquarters, Task Force Sinai.

Stress is one of the most fundamental differences from regular basic rifle marksmanship. Even McDowell, normally an expert shooter, admitted that the training was a challenge for him, as well.

“I don’t miss nothing when I qualify, but this time I missed a few,” he said.

The recent stress fire training was a first for the Soldiers of Task Force Sinai, but McDowell intends to make it a monthly requirement.

“The overall goal for every Soldier is to improve,” he said. “Improvement each time equals success.”



# Soldiers train as

**Story and photos by Spc. Timothy Hettich, 1st COSCOM**

On today's modern battlefield, Soldiers who sustain serious injuries have a greater chance of survival for several reasons: advances in medicine, Soldiers more highly trained in first aid techniques, and the speed at which they arrive at a hospital.

The use of helicopters for medical evacuations is the main contributor to the speed that is so vital in saving lives. If a patient doesn't arrive to receive the highest level of medical treatment within the "golden hour" his or her chances of survival greatly diminish. This can mean the difference between life and death.

A group of Soldiers from 46th Corps Support Group, 1st Corps Support Command recently underwent several weeks of training to give them the understanding of how to call in a helicopter for medical evacuations. But, more importantly, how to work around it in a real world situation.

"This was important training because in combat, people can get shot, people can get hurt, and people can die — that bird is your quickest lifeline to get you from point A to B, to save your life," said Sgt. 1<sup>st</sup> Class Anthony Salnoris, 46th CSG, 1<sup>st</sup>



**Spc. Caesar Mustelie, 46th CSG, administers first aid to Spc. Steven Whitehurst, 46th CSG during a medical evacuation exercise.**



**Spc. Caesar Mustelie applies a field dressing to Spc. Steven Whitehurst during a medical evacuation exercise April 14. Both Soldiers are from the 46th CSG, 1st COSCOM.**

COSCOM. "Knowing how to call the (helicopter) in and work around it will save lives."

The training extended not only to troops on the ground but to troops in the air as well. The UH-1V Huey medical helicopter and crew were part of the 249th Medical Company (Air Ambulance), a National Guard unit from New York. The unit has been deployed to Fort Bragg for the last six months.

Flight medic Spc. Sourith Thammavong said, "This is the first time we have done training like this, but we have done a lot of real world missions. It's great for us as well as the Soldiers on the ground because this is exactly how we would execute if this were for real."

"The use of training aids made the training sink in more than usual," said Spc. Steven Whitehurst, a vehicle mechanic from the 46th CSG.



# they fight to save lives



**Soldiers from the 46th CSG prepare to load a patient aboard a UH-1V Huey helicopter for medical evacuation during a training exercise April 14 at Field Landing Strip Z near Simmons Army Airfield.**

The 46th CSG convoy and its vehicles were ambushed from either side. Artillery simulators exploded and Soldiers returned fire from the vehicles.

Whitehurst sustained a simulated chest wound during the volley.

Using a moulage kit that was under his clothing, Whitehurst exploded the

moved in a

blood packet and began to scream as if in agony from the wound.

"I tried to make it as dramatic as possible to intensify the training," said Whitehurst.

On the scene to administer first aid was Spc. Caesar Mustelier, the designated combat lifesaver for the mission.

"My job was to take care of any wounded Soldiers and stabilize them until they were placed on the bird," said Mustelier.

Once on the aircraft, the causality then became the responsibility of the flight crew.

"I monitored his vital signs to make sure he remained stable the entire flight," said Thammavong.

The training continued through several iterations of teams so everyone had the opportunity to be involved in the training.

"This was the culmination of three weeks of preparation," said Sgt. 1st Class David Cronin, 46th CSG, 1st COSCOM, evaluator for the medical evacuation training exercise.

"I'm really happy with the way things went, and I feel these Soldiers are that much more prepared for future deployments."



**During the training exercise at Field Landing Strip Z April 14, Soldiers from the 46th CSG rushed their patients to a helicopter from the 249th Medical Company, a National Guard unit from New York, to take the casualty to an area where better care can be given.**

# Warrior Training



## Soldiers learn hand-to-hand combat during 'warrior physical training'

**Story by Capt. Sonise Lumbaca**  
**1st COSCOM PAO**

Many Army senior leaders' key emphasis on training is individual combat skills, part of a larger program to infuse the entire Army into the Warrior Ethos concept. Warrior Ethos describes a Soldier as a warrior and a member of a team. Warrior Ethos compels all Soldiers to fight through all conditions to victory no matter how long it takes and no matter how much effort is required. It embodies the Soldiers' selfless commitment to the nation, mission, unit, and fellow Soldiers. For the Soldiers of the 1<sup>st</sup> COSCOM, the commitment to this concept has already begun.

Warrior Physical Training, one of many initiatives instituted by Col. Yves J. Fontaine, commander 1<sup>st</sup> COSCOM, is a program based on the Army's Warrior Ethos concept.

Warrior PT involves hand-to-hand combative training, one of many physically based training events, for members of the 1<sup>st</sup> COSCOM. The hand-to-hand combat training the command has focused on is known as linear infighting neural override engagement, or LINE training.

"Our focus is to concentrate on fitness training

tied to instilling martial spirit," said Fontaine.

Members of 1<sup>st</sup> COSCOM have been involved in LINE training at the C.C. I. Honor Technology Martial Arts Academy's Instructor's Course in Fayetteville since February.

The purpose of the instructor's course is to not only train the Soldiers in hand-to-hand combative skills, but also teach them how to train other Soldiers in their unit. "The entire purpose of the LINE system of close combat is to provide a soldier with a foundation of warrior skills," said Ron Donvito, the owner of the martial arts academy and founder of the LINE training system.

The most basic of all combat skills is close combat. The program was designed so that there were no special training aids and or training areas required. This type of training not only trains Soldiers physically, but more important, it develops the psychological mental aspect of the warrior. The concept helps 1<sup>st</sup> COSCOM Soldiers to understand the basis of all combative skills, be comfortable with it, and recognize that they are a weapon system.

"Anything added to them, like a rifle, knife, etc., will only make them a more efficient and more effective warrior," said Donvito.

"I believe that this training is good for us because it takes only a small amount of time to teach Soldiers how to do several techniques. The training is very realistic and good for the combat scenario," said Spc. Agustin S. Cuascut, a radio COMSEC repairer at the 659<sup>th</sup> Maintenance Company, 189<sup>th</sup> Corps Support Battalion.

During this training, 1<sup>st</sup> COSCOM Soldiers have proven that they are tough and can handle difficult situations, two of the many traits that defines warrior ethos, said Cuascut.

The Soldiers, whose rank ranges from private to lieutenant colonel, train twice a week. Once training is complete, they will be tested and certified as instructors within 1<sup>st</sup> COSCOM.

# National Guard Soldiers help deployed equipment get home

**Story and photo by Spc. Jason Cardenas,  
1st COSCOM PAO**

Equipment is vital to any military mission. Without it, the mission and the Soldiers who carry it out may suffer. A unit from the Indiana National Guard is helping prevent that from happening.

Company A, 38<sup>th</sup> Main Support Battalion, which was called to active duty in February to serve at Fort Bragg, is currently manning the docks at Port Arthur, Fla., offloading cargo ships filled with equipment assigned to some units returning from worldwide deployments.

Using a myriad of teams, the Soldiers inspect and stage the vehicles so that they may be returned to their home stations across the United States.

With as many as 60 teams working at one time, the vessels are offloaded as soon as they come to port. According to the company's executive officer, this turn-around time is more than five times faster than many other ports across the U.S.

"(Although this) is the first time we have been asked to do (this type of mission), we have done rail and commercial operations before," said First Lt. Christiana Shepard. Those operations, she said, aided in the execution of this mission with speed.

Soldiers like Spc. Christopher Kneider, a small arms repair technician, make the whole system work smoothly.

"My job at the staging lots is to have the drivers line the equipment up and make sure they have plenty of room to turn the equipment around into the lines (for inspection and offloading)," said Kneider.

Working in cooperation with teams of civilians and mechanics, the equipment, ranging from tactical vehicles to equipment containers, is offloaded before each piece is put through an arduous United States Department of Agriculture inspection.

They inspect every part to each piece, carefully looking for foreign plant matter, soil, and other foreign items stuck to the equipment that may carry disease and animals into the U.S.

"It is important that the equipment gets inspected so that we do not bring plant soil or other material in where it can cause damage to the environment," said Shepard.

While the inspection process is conducted, another team of scanners ensures all the equipment has arrived at the correct port. Bonding teams identify damage to the equipment



**Soldiers from Company A, 38<sup>th</sup> Main Support Battalion, inspect a vehicle before it is off-loaded at Port Arthur, Fla. The unit is currently manning the docks at Port Arthur to off-load ships filled with equipment returning from overseas deployments.**

that needs to be fixed, but they do not fix it. That is up to the units to which the equipment is assigned.

Once the equipment is cleared from the USDA inspection, it is taken to staging lots where it is loaded onto commercial truck beds bound for the home unit by way of the commercial truck or rail.

The scope of the mission, and it's fast pace, is important to the 38<sup>th</sup> MSB. But even with that, serving on active duty does challenge the ING Soldiers.

"This is a great experience for those who haven't been on active duty before," said Kneider, who spent four years in the Marine Corps. "It is a different pace for us and we have to adjust and realize it's an everyday job now and not just a weekend training anymore."



# BlackJack's Deployment Facts



## By 1st COSCOM PAO

**Q. Is it true that once I return from a deployment, I am guaranteed six-month stabilization or a waiver? I have just PCSed from Korea how long will I be stabilized?**

A. No, there is no guarantee in stabilization. Under the Army's Assignment/ Stabilization Policy, DA's **GOAL** for both PCS stabilization and return from deployment stabilization is a minimum of 90 days. The command makes every effort to stabilize Soldiers who have recently returned from deployments to allow them time to recover and spend time with their families.

**Q. Do I need a "waiver" from the Commanding General to deploy?**

A. No. There is no such thing as a waiver. There is a DA 90-day minimum stabilization goal. However, if a Soldier wishes to redeploy after having returned from a deployment under the minimum 90-day goal, the Soldier can.

**Q. If there is a Stop Loss/ Stop Move placed on my MOS or Duty Station, what are the exceptions to the rule?**

A. Soldiers who fall under the following categories are exceptions to the Stop Loss/ Move rule:

- Those Soldiers who have already departed theater to retire, ETS or PCS will not be subject to expanded Active Army unit stop loss program.

- Soldiers eligible for mandatory retirement.

- Soldiers eligible for disability retirement, separation for physical disability, or other physical conditions.

- Soldiers on assignment for Stryker Brigade Combat Teams.

- Soldiers identified ARSOF accession courses, scheduled for officer or warrant officer candidate school, and Army Medical Dept. related schooling.

- Those Soldiers pending separation for the convenience of the government.

- Those Soldiers pending separation because of dependency or hardship.

- Those Soldiers whom quality of service warrants separation.

- Those Soldiers in violation of the Army's homosexual conduct policy.

- Those Soldiers pending separation who are conscientious objectors.

- Those Soldiers who do not meet military personnel security program standards.

- Those Soldiers who are on duty with the OIF1 or OEF4 units in a TCS, TDY, or attached status.

- CSM/SGM will be handled on a case-by-case basis between MACOM CSM/G1 and CSM/SGM Branch AHRC

- Enlisted Soldiers on assignment to DML "SMD".

- MOS 15U Soldiers identified for instructor positions and placed on AI previous to SL/SM effective date.

**Q. It is not fair that this is my third deployment in two years. Can the Army do that?**

A. Yes. It may not seem fair, however the Army has put measures in place to do everything possible to lessen the blow. Two week R&R during the deployment and a 90-day stabilization goal for eligible Soldiers has been incorporated.

**Q. If I am deployed and something happens to me, how can I be sure that my family will get what they're suppose to?**

A. There are a number of things you **MUST** do to ensure that the right family members receive what they are suppose to. Members on active duty, active duty for training or inactive duty for training and members of the Ready Reserve are automatically covered for \$250,000, the maximum amount coverage. This occurs when you fill out form SGLV 8286. You must keep this form updated with primary and or secondary beneficiaries (those you would like to receive this benefit should something happen to you). You **MUST** ensure that your Will and Power of Attorney is updated with the members you deem as beneficiaries and or custodians. Additionally, all other forms that your unit requires you to fill out, to include DD93 (Record of Emergency Data) must be properly filled out, especially prior to deploying. For more details on the proper forms that need to be completed or update, contact legal or your personnel office.

**Q. I've heard about commercial life insurance that it better than**

**the SGLI or ones I can use to supplement it? Do I need to consider these other types of insurance?**

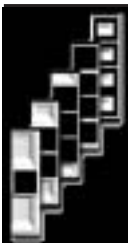
A. For many Soldiers, SGLI offers enough coverage. Whether you need additional coverage depends on your particular situation and financial commitments. Should you consider obtaining additional insurance, ensure that you contact the Installation Commercial Solicitation Officer to determine if whether or not these insurance agencies are barred from post. Even if you live off of post, it is still good to check this list because chances are, if they are barred from post it is because doing business with this agency may adversely affect you in some manner.

**Q. When deploying, what kind of Power of Attorney should I consider obtaining?**

A. A Power of Attorney is a document by which one person, the “principal”, gives another person, the “agent”, authority to act on your behalf. You **MUST** be able to **TRUST** this person to act on your behalf. There are two types of Power of Attorneys (POA), General and Special. Depending on your particular circumstance, you may need one or both of them. Regardless, when deploying, you **WILL** need a POA. A general POA grants power to act for the principal in all situations. This allows your agent to do virtually anything you would be able to do if you were

present. A special POA only authorizes your agent to do specific things on your behalf. For example, a special POA might allow your agent to receive household goods shipment or secure medical care for your children when you are away. When preparing a POA, here are some important responsibilities to consider: Vehicle registration and insurance expiration, filing joint taxes, finances, care of a child and or adult dependants, medical, and selling of property, to name a few.

If you have any questions about deploying that you are unable to find the answers to, “Ask BlackJack” by contacting him at [COSCOMPAO@bragg.army.mil](mailto:COSCOMPAO@bragg.army.mil).



## *Warrant Officers' Corner*

*by Chief Warrant Officer  
Paul A. Johnson  
659th Maintenance Company*

### **Ammunition**

**TIP:** Never use tape to secure ammunition in a magazine, the glue from the tape will stick to the cartridge case. This will result in the reclassification of the ammunition to an unserviceable status, resulting in it ultimately being destroyed.

(AMMUNITION INFORMATION NOTICE (AIN) 36-04 was transmitted 291741Z MAR 04).

**CARTRIDGE ACTIVATED DEVICE  
(CADS)/POWDER ACTIVATED DEVICE  
(PADS)**

1. Based on favorable test results, all lots of NSN 1377-01-049-6365-MD73 AND 1305-01-082-8986-A965 are granted a new permanent shelf life and installed life. The new shelf life is 17 years and the installed life is 12 months. **NOTE:** Shelf life is computed from the date of manufacture and installed life is computed from date container is opened. Installed life shall never exceed the shelf life.

2. Because of design modification, NSN 1377-01-170-5260-MS89 is replaced by NSN 1377-01-186-9901-MS92. Do not issue NSN 1377-01-170-5260-MS89

**New Yellow Book is out: HAZARD CLASSIFICATION of US MILITARY EXPLOSIVES AND MUNITIONS Revision 12 FEB 2004**

**Yellow Book can be ordered from the DAC website at**  
<http://www.dac.army.mil>

# Rifle team learns and wins

**Story and photos by Capt. Sonise Lumbaca  
1st COSCOM PAO**



**1st Sgt. Swilley Clark observe targets down range while rifle team members take aim at their target during a February range. Photo by Spc. Timothy Hettich.**

Seven Soldiers from the 1<sup>st</sup> Corps Support Command put their combat marksmanship skills to the test by competing in the All-Army Small Arms Championship at Fort

Benning, Ga. March 14 to 25.

1st. Sgt. Swilley Clark, Cpl. Charles King, Spcs. Scott Grant, Thomas Summers, Kevin Beatty, Ambimelec Vilella, and John Babcock, competed in the championship at the McAndrews and Parks ranges hosted by the U.S. Army Marksmanship Unit.

The team was trained by Lt. Col. Gordon R. Roberts, Troop Support Battalion commander. Clark coached and was the team captain.

“When we first started to train the team, there was a lot of frustration because the training was tough. We practiced Saturdays, Sundays and Wednesdays during Sergeant’s Time Training for about a month. As they became more proficient, their confidence went way up,” said Clark.

King, who placed very well in the individual level, initially joined the team because he wanted in depth training and experience from the best. “I wanted to understand how to properly shoot and learn the different techniques I could use. Working with Lt. Col. Roberts was a big thrill for me,” said King.

Along with the members of 1<sup>st</sup> COSCOM, more than 174 Soldiers representing the active force, Army Reserve, National Guard and Cadet Command participated in the Small Arms Championship for the first time since the competition was last held in 1994.

Competitors initially competed in an individual competition consisting of three M-9 pistol matches and three M-16 matches. The competition then

changed to team matches with both the M-16 and M-9. The championship ended March 25 with a long-range match with competitors using M-14 or M-24 rifles.

Competitors not only competed, but also trained. USAMU staff offered a two-day training workshop prior to the commencement of the competition. The workshop consisted of classroom training and familiarization on the range.

Soldiers who completed the training received an instructor certificate from USAMU. The intent was for these Soldiers to take the training that they received back to their installation and train members of their units.

“We (1<sup>st</sup> COSCOM) want to and have the ability to produce the best marksman we can. From this training we have produced cadre that can train folks in all of COSCOM,” said Roberts.

In July, the TSB intends on scheduling a three day marksmanship training where members of the rifle team will teach other Soldiers in the unit how to effectively fire their weapons, said Clark

The competitions scores he and his team members received validated the training that they received, said King. “I improved by 75 percent. Everyone needs this training to better their marksmanship.

The 1<sup>st</sup> COSCOM team took first place for all active duty teams and 5<sup>th</sup> place overall. Additionally, the team won other titles such as Long Distance Shooting and won the highest score during the first day.

Awards were presented at an awards ceremony March 21 where Roberts, the only active duty Medal of Honor recipient, was the guest speaker.

The 1<sup>st</sup> COSCOM rifle team’s winnings include seven gold, two silver and two bronze medals, an M-1 Garand Rifle, a Remington 22 and a Remington 870 pump shotgun.



**Awards members of the rifle team received after competing at Fort Benning, Ga. March 14 to 25.**



# Chess champ takes second in All Army Chess Championship

by Capt. Sonise Lumbaca, 1st COSCOM PAO

A 1<sup>st</sup> Corps Support Command Soldier took second place in the 2004 All Army Chess Championship May 27 at Fort Myer, Va.

Sgt. Kenneth A. Davidson, Personnel Administration Sergeant for HHC, 46<sup>th</sup> Corps Support Group was one of twelve Soldiers selected to participate in the chess championship.

Twelve Soldiers were selected Army-wide based on their U.S. Chess Federation-rated tournament activity, the level of tournament they played and their current USCF rating.

When selected, Sgt. Davidson's rating was 1930.

Davidson's has been playing chess for most of his life and has been competing in tournaments since 1982. He won his first championship in 1984 at the

Alaska Junior State Champion. Since then, Davidson has been competing, finally achieving his goal in participating in the All Army Chess Championship after enlisting.

"I have been playing for 32 years. My uncle and grandfather taught me how to play when I was five. They used to compete too", said Davidson.

The game of chess is one that consists of strategy and anticipated moves. During the competition, the twelve Soldiers compete against each other in a chess match. Both the competitor and their opponent have to complete 40 chess moves before two hours have lapsed. Following the two-hour match, the competitors have 30 minutes to complete the game.

## LIFESTYLES

In 2001, Davidson tied for third place in the chess championship. He slightly slipped in the standings in 2002 when he placed forth.

During the 2003 chess championship, Sgt. Davidson was deployed to Uzbekistan. "I knew that the competition was coming up, so I practiced on the computer during my spare time", said Davidson.

"When they asked if I wanted to go on R&R during the deployment or TDY to the competition, I choose the competition."

Sgt. Davidson rose from his fourth place position and placed second in the 2003 competition. Since then, he has been holding steady.

Because of his win, Sgt. Davidson along with five other Soldiers will move on to an advanced competition. The top six competitors will attend the Interservice Chess Competition scheduled to be held in Biloxi, Miss. from June 20 through 27. There, they will compete against members from the other branches in the armed forces.

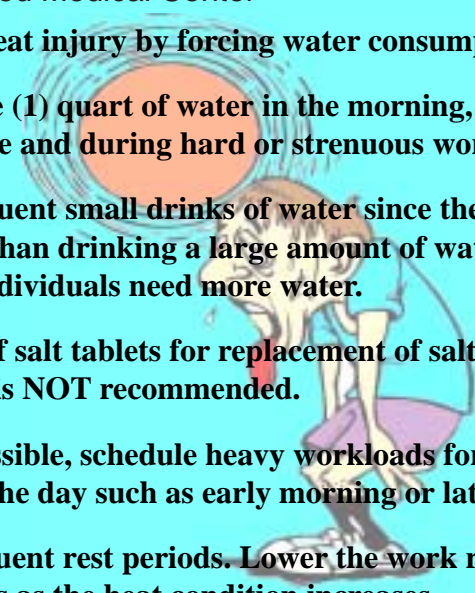
"The Air Force won last year. The Navy team seems to be the favorite this year, however I know that the Army is going to do really well this year", said Davidson.

If the Army team makes it as one of the top six teams, they will have the opportunity to travel to Denmark and compete at the NATO level.

## Summer Safety Tips to prevent heat Injuries

-Walter Reed Medical Center

- **Reduce heat injury by forcing water consumption.**
- **Drink one (1) quart of water in the morning, at each meal, and before and during hard or strenuous work.**
- **Take frequent small drinks of water since they are more effective than drinking a large amount of water all at once. Larger individuals need more water.**
- **The use of salt tablets for replacement of salt lost through sweating is NOT recommended.**
- **When possible, schedule heavy workloads for the cooler hours of the day such as early morning or late evening.**
- **Give frequent rest periods. Lower the work rate and workloads as the heat condition increases.**



# Fight against cancer

## *CDC Soldiers participate in ACS Relay For Life*

*by Capt. Sonise Lumbaca,  
1st COSCOM PAO*

It is 2:00 a.m. in the morning. The air is crisp and a high school track is full of people walking and running in what seems to be an endless circle for hours. After a few hours, walkers or runners pass this task onto a fellow teammate; a teammate also willing to go the distance. The walking and running will go on for many more hours, however, these runners and walkers are willing to sacrifice a good night's rest for a united cause.

Fourteen Soldiers from the 1<sup>st</sup> Corps Support Command participated in a 24-hour fundraiser for cancer research 14 to 15 May from 6 p.m. to 9:30 a.m. at the 71<sup>st</sup> High School track in Fayetteville.

Capt. Sook Y. Mizell, Staff Sgts. Alfred Johnson, Melina Harris, Judy V. Olvera, Sgts. Keith T. Franklin, Jose Cantu, Allen Coachman, Ramundo Loya, Spcs. Roy Owen, Eric McDaniel, Shayna Abdul-Barr, Raul Ramirez, Bobbie Evans, and Pfc. Andre Gill, members of the Corps Distribution Command, 1<sup>st</sup> COSCOM, took part in the American Cancer Society for Cumberland County's "Relay for Life".

Open to people of all ages and fitness levels, Relay for Life is an overnight team event that involves relay walking or running at an individual's own pace for 24-hours to raise funds for cancer research. At the relay, teams of 10 or more participants take turns to keep their relay team moving overnight, while a festive atmosphere is created with entertainment, prizes, and camping out. Highlights of the event include the Cancer Survivors' Walk, which involves the Survivors walking the first lap of the relay, and a candlelight display at dusk.

Like other participants, the members of CDC, 1<sup>st</sup> COSCOM raised funds with the support of sponsors and donations from members of the Fort Bragg and the local community.

Participating groups and organizations created individual themes and team names in support of the fundraising event. "We were the only military group out here, so our theme was 'Giving Cancer the Boot!'", said Franklin, motor transport operator and the team captain for the CDC Rangers. "We

had a military tent and displayed several pairs of combat boots to go along with our theme," said Franklin.

In addition to walking or running around the track, the CDC Rangers raised additional money by other means. "Our team sold hamburgers, hotdogs, water, sodas, and juice. A positive event for a good cause", said Coachman.

The fundraising event wasn't all work and no

play. When team members were not walking or running around the track, they took part in events surrounding the track which included raffles, games, face painting, clowns, karaoke, and lots of food. "It's hours of fun and food with the challenge of completing a relay run or walk. We had a good time", said Franklin.

When the entire event came to an end the CDC Rangers completed 150 miles and raised over \$700. In total, the American Cancer Society for Cumberland County raised \$68,000.

"It was refreshing to see so many survivors there. It was wonderful how people from every walk of life was there to support this event", said Mizell.



# Chaplain's Corner

*Memorial Day opens a Summer of reflection*



**by Chaplain  
(Col.) David Reese,  
1st COSCOM Chaplain**

Memorial Day marks the "official" beginning of summer; "official" in the sense that businesses, especially in summer resort areas, begin to realize the increase in profits from tourists. Winter fades, spring has completed its proper responsibilities as transition agent, and summer stands on the doorstep waiting to be invited in.

For soldiers, though, this past Memorial Day provided a different kind of demarcation in time. Over the past three years, the solemn commemoration of those lost in battle has taken on a much more personal tone as we have remembered fellow warriors and companions who died during the global war on terror. Surely the barbecues took place and beach music blasted through radio speakers - but underneath it all was the foundation of sacrifice that paved the way for freedom. Soldiers understand this better than most and have come to accept this sacrifice as a fact of life.

Etched into a stone near the entrance of Arlington National

Cemetery are these words: "Not for fame or reward, nor for place or rank, not lured by ambition or goaded by necessity, but in simple obedience to duty as they understood it, these men suffered all, sacrificed all, and died."

When one is nineteen, death is a far distant enemy and barely given a glance. Later, as one lives and comes to the understanding that death is a task of each life, then death is less the enemy and more the mark on the wall of personal history. How one lives - and how one dies - determines the legacy left to family, friends, loved ones, and other nineteen year olds yet to come.

Over the next several weeks of summer, take advantage of the sunshine, the travels and the chance to renew your body. Do not neglect, however, the opportunity to renew your soul and your spirit as well. A legacy is built through relationships, through consistent obedience to duty, and through attention to the details of life. Find the time to examine your life, to bring it before God for renewal, and to discover the lasting contributions you might make.

Each Soldier in 1<sup>st</sup> COSCOM will leave a legacy - and by God's grace that legacy may well be a living one that inspires others to selfless service in the higher calling to their nation, as well as the common calling of friendship.

## From the Mule's Mouth

What does Memorial Day mean to you?



"It is important to me because I am American and it is important to honor those who gave their lives for our freedom."

--Capt. Timothy Johnson, HHC, 4-159th Aviation Battalion



"It reminds me of all the Soldiers that died for our country, MIAs and POWs."

--Sgt. Eric A. Evezic, India Company, 4-159th Aviation Battalion

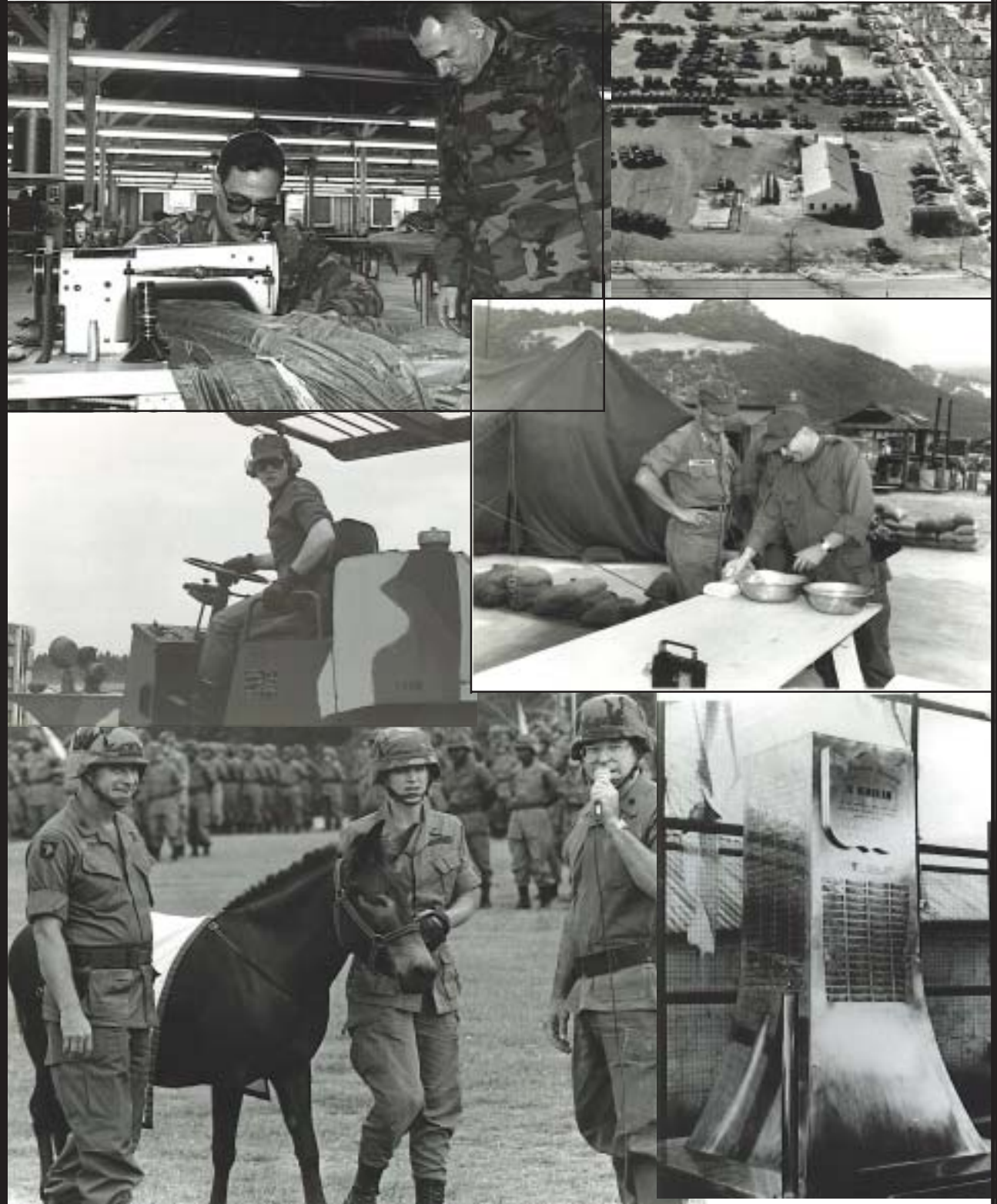


"The remembrance of not only fallen Soldiers, but Soldiers still serving and veterans that are here today to pass on the history of past conflicts."

--Spc. Laura Donaldson, HHC, 4-159th Aviation Battalion



# *1st COSCOM of Yesteryear*



**The 1st Corps Support Command, The Army's Only Contingency COSCOM**